Nutrition and Healthy Lifestyle Promotion

Upcoming Academic Year	Current Academic Year
SEPT 2026 - AUG 2027	SEPT 2025 - AUG 2026

Faculty of Health & Life Sciences (https://humber.ca/health-sciences)

Program Code
10231

CIP Code
19.0501

PGWP-Eligible
Yes

Credential
Diploma

Start Dates
September, January

Program Length
4 semesters

Program Information

How to ApplyApply Now (https://ontariocolleges.ca/en/cba?collegeCode=HUMB&programCode=10231)

On This Page

Overview

Are you passionate about promoting health and wellness? Humber's unique Nutrition and Healthy Lifestyle Promotion program is the only diploma of its kind in Canada, and is designed to prepare you for a fulfilling career encouraging individuals and groups of all ages to live healthier lifestyles. In this program you will:

- develop an understanding and knowledge of general and clinical nutrition, sport nutrition and physiology
- gain invaluable hands-on experience by coaching and conducting health promotion seminars and workshops
- effectively convey the significant role of essential nutrients for nutritious eating and demonstrate practical cooking skills such as: techniques of healthy cooking, food demonstration, recipe development and menu planning
- nutritionally assess and analyze menus and...

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Program Availability

Domestic −

Domestic Availability

Sep 2026

Delivery Method: Course-based

Location: North (https://humber.ca/north-campus)

Status: Open

Jan 2027

Delivery Method: Course-based

Location: North (https://humber.ca/north-campus)

Status: Open

International +

Program Highlights

Learning Labs & Spaces

Take a look inside the learning labs and spaces where students practice skills, apply concepts, and build real-world experience through hands-on learning.

Explore Labs & Spaces

Work-Integrated Learning

Gain valuable hands-on experience while applying what you learn in the classroom. Explore how workplace learning opportunities help you build practical skills and prepare for your future career.

Work-Integrated Learning

Professional Accreditations & Recognition

Learn how the program aligns with professional standards and recognized industry credentials, supporting your readiness for professional practice.

Professional Accreditations & Recognition

Interprofessional Education

Gain hands-on experience learning alongside students from across the Faculty of Health & Life Sciences while building the teamwork and collaboration skills valued in professional practice.

Explore Interprofessional Education

Your Career

The health and wellness industry offers many opportunities to help individuals lead healthier, more sustainable lives. Join this ever-growing industry and find employment planning and promoting a healthy lifestyle in workplaces such as:

- corporate and community food and food service organizations
- educational facilities
- entrepreneurial ventures in nutrition and health coaching, menu planning, meal preparation, and nutritional analysis
- fitness and wellness centres
- government agencies
- grocery franchises and natural health product businesses
- weight management clinics

Elevate your credentials! Eligible graduates of Nutrition and Healthy Lifestyle Promotion (NHLP) may choose to advance their credentials by exploring additional pathways. Click on the **Explore Pathways >**link near the top, and...

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The Humber Advantage

TRANSFORM YOUR PASSION INTO A CAREER

Program Overview Video

Program Overview Video

Watch the video below to find out more about the Nutrition and Healthy Lifestyle program and how it prepares graduates for various careers.

Tours & Events

Book your tour today and get a look at our labs and state-of-the-art facilities, see our classrooms, meet Humber students and more.

Book A Tour (https://humber.ca/tours-events/book-a-tour)

Open House (https://humber.ca/tours-events/open-house)

Events & Info Sessions (https://humber.ca/tours-events/events-info-sessions)

Contact Us

Admissions Questions

General Enquiries

Call **416-675-3111** or fill out the **Humber Contact Form (https://humber.ca/contact-humber.html)**. If you have already applied, be sure to check your application status on **myhumber.ca (http://myhumber.ca/)**.

Want More Info?

Find out more about the student experience and everything that Humber has to offer **Future Students (https://humber.ca/future-students)**.

Sign-up now (https://humber.tfaforms.net/forms/view/71) for more info on Humber, including programs, special events and more!

Domestic Applicants Enquiries

Domestic applicants can book a **one-on-one advising appointment (https://humbercollegeappt.cxmflow.com/OABSNS/Appointment/Index/743cf371-9a7c-4722-bd0d-54a901c936a8)** with an admissions representative.

International Applicants Enquiries

International applicants can **book one-on-one advising appointments (https://app.geckoform.com/public/#/modern/22FO0nfqipq6br00g2frdiie1c)** with an International Student Recruiter or **contact the International Centre (https://humber.ca/international/contact.html)** for information about full-time programs (including the International Graduate School), how to apply, and to follow up on your submitted application.

Program-Specific Questions

Speak to the program representative about the course curriculum, projects and career options.

Tracie Sindrey, program co-ordinator437.565.1548**tracie.sindrey@humber.ca**

First Name *

Last Name *

Email *

Intended Program Start Year (includes Sept, Jan, May Intakes) *

Example: Sept 2026 - Aug 2027

What intake/term are you interested in? *

- [ ] Fall Term
- [ ] Winter Term
- [ ] Summer Term

Residency *

- ( ) Domestic Applicant
- ( ) International Applicant

I consent to Humber Polytechnic sending me information electronically (e-communications), including information about Humber's upcoming events. I can withdraw my consent to receive communication from Humber Polytechnic at any time. *

Please select...

Submit

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Ready to Apply?

If this program feels like the right fit, apply now to take the next step on your education journey with Humber.

How to Apply **Apply Now** **(https://ontariocolleges.ca/en/cba?collegeCode=HUMB&programCode=10231)**

Related Programs

Fitness and Health Promotion

Credential: Diploma
Length: 4 semesters
(https://humber.ca/explore-programs/programs/fitness-and-health-promotion)

Food and Nutrition Management

Credential: Diploma
Length: 4 semesters
(https://humber.ca/explore-programs/programs/food-and-nutrition-management)

Bachelor of Health Sciences – Workplace Health and Wellness

Credential: Honours Degree
Length: 8 semesters
(https://humber.ca/explore-programs/programs/workplace-health-and-wellness-bachelor-of-health-sciences)

Wellness Coaching

Credential: Graduate Certificate
Length: 2 semesters
(https://humber.ca/explore-programs/programs/wellness-coaching)

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